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Must Remain in
Transcription Room

M2576

SUNDAY MAY 25, 1975

BARN

LUNCH

MR. NYLAND: Of course I know that you're all anxious again to go back to work. After all, that's why you come. You don't really come for listening to me or a little music. It's only a little stimulus.

I would like to tell you something about what I hope we'll be able to do for Father's day. I would like to show a film. Some of you perhaps know that there're several documentaries that have been made in Paris over the last couple of years. And the film I have in mind is, I think either the first or the second one, which for me, was one of the best films they ever have made. I think it's better in its quality than the later films. So, fortunately, I've been able to arrange with the Foundation to borrow it. And the most appropriate place to show it would be here, in the Barn. There are difficulties connected with it in order to get the right projection apparatus, and a large enough screen, but I would -- I hope that we can arrange it before Father's Day, and I believe it would be a very good celebration for that time. As far as the plans are concerned, you see we have to rent two machines, and there are three reels, and we have to start at eight o'clock. The things have to be enclosed and insured -- there's a lot of detail connected with it. But I hope we can arrange it, and I would like anyone who wishes to come -- come. There is no -- no fee. Let's say it's on the Barn. (laughter)

I hope it will be stimulus. Particularly for those who have never really seen movements or even done them, because it is a very definite something that belongs to Gurdjieff. And they represent -- I've talked about the value of movements many times. But when you see it really; you come face to face with a group of people in Paris who really Worked and Worked. And also in that particular film there's Alfred. Perhaps you remember his name? He died, unfortunately. He was one of the mainstays, at that time, in Paris. So it will give you an impression of that phase of Work. It will give a stimulus to many of us who do movements, like whoever has seen the last film in New York. But I don't want to exclude, this time, anyone who has a certain interest, and therefore, the Barn is large enough, and it will be, you might say, in cooperation with the Foundation, because some people from the Foundation will also come. I just wanted to mention that as something to look forward to. It will be Father's Day I think is the 15th of June. So, we still have a little time for it.

What is it that you want really out of -- out of a lunch? What is it you want out of a little talk? What kind of a reminder is there that can be given that you couldn't do yourself? You have to learn for yourself to become a little self-starter. Last night we did talk about that what is within a person, as of a holy and sacred quality. The reality of his life. And unfortunately it cannot talk. It cannot say enough as to make itself known. And therefore we have to have that kind of help from above, as it were, in the form of an 'I', which 'I', then, starts to talk. But the 'I' is small to start with. And our attempts in having wishes for wanting to Work always will result in the growing up of this 'I'. In the first time -- at the first time it starts to talk to that what is already of a little bit more positive value within yourself. And in order to create an audience for an 'I', you have to get out of yourself that what are positive elements regarding your life.

Because many times you are affected by the -- by whatever the circumstances are, and the impressions you receive. And they have an influence on you, and produce, many times, negative states. States of not being able to accomplish what you set out to do. Or states, actually, of suffering of that what you have to go through. Or states of ignorance. State(s) of really not knowing what is the best thing to do even if you have the best of intentions. And all that you can call a negative influence on you, as long as that what is a reaction becomes a negativity for yourself. All these little things I call devils. They affect me, and I cannot help it, because I'm sensitive to it, and I'm a human being. And how to place them, how to find out, even, where they get hold of me, and to what extent they already do a little damage by my behavior. That is first something that I have to learn more and more about myself, what is really making me asleep, or keeping me asleep? I say it is devilish. A little bit of something that sits somewhere and I have to rout it out, as it were -- if I can talk to it I can say: Get out of it. Like it says in the Bible, "Get thee away from me, Satan". It is very much like a little child that comes and wants to play with me -- I don't think they are so damaging. Only they prevent me from doing what I really want to do, when I once have made up my mind that I want to grow up in the direction of my positivity. And that what is a remnant of something that I remember from early days, which you might say is concentrated in Magnetic Center.

But there is always within oneself a desire for wanting to grow to protect one's life and become positive about the future. And these little devils interfere with that. And when you see them coming, or when you see they are there, or you are, as it were, possessed by a state of negativity, you have to face it. You have to talk to yourself. You have to say: what is it actually? Try to put it in words. What is it that bothers you? You have to talk to that and say: now you stand outside. I will acknowledge your existence. I will say that you affect me because

I cannot help that. But at the present time I have something else to do. And now you go away and play somewhere else -- not with me.

It changes yourself into a positive character, into a person with an Aim. You go ahead then and do what you have to do in ordinary daily life, and you do it as well as you can in order to keep your positivity. If you do it as well as you can, you will have some joy in being able to do it. That you have a certain strength for that, and with that strength you can create again and again more positivity collecting them. Make them join. You see, that what is within a man when he is divided you can make a joined effort, by that what is positive within you. Then you have something to fight with if you want to. But the first determination is, don't bother me now; I have other fish to fry.

It is very simple. But you have to acknowledge first the fact that you are affected, because if you just try to neglect it, it is like a sickness which continues to bother you when you don't do anything about it. And afterwards, it will even destroy you. The little devils are sometimes quite numerous. Do your ordinary activity in the best way you can. Don't neglect the little devil. Tell him to stand on his own feet in front of you. You look at it. You say: is it you, really, that bothers me? Or is it someone else? You first find out if you can pin it down, and see if that actually did affect you, and then you give it a kick in the pants. You simply say: get out! This is not the place I want to have my life spoiled by you.

Sometimes I compare it to a father who has a, let's say, a book to write. And he has a little child and it comes in every once in a while to show how wonderful the little child is and what he has been doing. And the child at a certain -- uh, uh -- the father at a certain time [--will--] say: now you little boy, you go outside. You ask your mother what to do. Don't disturb me. I have to work. The dedication, I remember, of a book written by someone was, "This book has been

written with the influence of my children who -- without who's influence this book would have been written in half the time". (laughter) It becomes quite serious when you are bedeviled too much. Don't allow it.

There are a mother -- another quantity of good angels. They can come to you; they can have an influence on you -- you must let them penetrate. A beautiful day, warm weather -- even if it's a little too warm. Certain things or statements of other people. A little bit out of a book that you can use, something that you can carry around with you as a talisman, that you hold onto for a little while that you are reminded. Those are good influences; you must cultivate them, of course. You cannot get lost in them. You just accept them the same way as the negative ones, because that what will make you grow is the desire on the part of an 'I' to wish to help you. And by combining all these different camps and seeing them fight within you, you place them outside and you say, make room for that what is most important for me -- my 'I', that is, the Objective world. I want that Objective world to take hold of me within. I want to understand what is meant by it. I want to give it room enough, I want to give it space, time, energy, I want to feed it, and then I want to listen.

An 'I' will not start to talk too soon. You know that. A little child takes some time before it can even formulate. And it is the same with the little 'I'. But you must make it grow in the beginning because, that is the important time. Whenever the thoughts are there regarding Work, don't neglect them. Don't play as if tomorrow is going to be another day anyhow. Today is the day whenever an 'I' comes, or whenever the thought comes for an 'I', you must attend to it to the extent of your capacity. You learn discipline in doing that. And afterwards you will be thankful, because the 'I' will start to grow up very fast with your interest. When you know that it is necessary that you really want to grow up; and you mean it. It depends on your -- your particular

age, about whatever you have experienced. It depends on how serious you want to be, or even you are. Don't wait too long, I say. Do it when you are still very young. Prepare the soil. It may be that you will be so engaged in ordinary life that for a little while you may not pay attention to it. But at least, then when you come back to it, you will know that something already has been prepared. The time at the Barn is serious for that purpose. Use it while you are here. Those who have left will know what it could have meant to them, and perhaps if they have not used it, say, they even may be sorry.

I say this quite definitely regarding Gurdjieff. If you don't understand Gurdjieff at the present time. Work and study to find out what is the meaning of this ALL AND EVERYTHING. Don't neglect your interest in other things in order to be able to compare. There are many avenues of esoteric knowledge and expressions of it in different kinds of forms, and philosophies, and statements, psychology and and religion. You have to choose for yourself what is of value to you in your daily life -- not only on a Sunday. And if you understand that, you will see that in ALL AND EVERYTHING there is a great deal that you can use, particularly of the possibility of a spiritual development. I hope you can Work today in that sense. I said last week, stand still once in a while -- and Work.

Acquire a few little things for yourself like sensing. It's a little bit of an effort and an exercise. Try to see what is meant by draining. Do it in very simple circumstances, because all those tasks are like dexterities you have to learn. You cannot do it in the beginning. It's unusual, it is unnatural even. You have to make it your nature. And you have to give an allowance for that as a task to grow. Even a mantra. I mentioned last night. It is not easy to use it in the right way. The simplest is still: "I -- Am", with inhalation and exhalation. Do it many times during the day. On a certain day devote it to "I Am". It will help you for the next day. And maybe this

afternoon you try that. See what you can do, don't lose your time. Time will be lost quite definitely when you die. Then it will be gone. You don't have to lose it now.

I hope you can Work. I hope quite sincerely that you don't mind that I remind you ... It's not that I want to talk about what concerns me. I want to simply tell you, live your life the best way you can, but don't forget that you will live longer than this life on Earth. If you believe that, you will Work. If you want to remain agnostic -- you won't Work. You will die. And then who knows what? And I'm quite certain you yourself won't know anything at all.

To Gurdjieff.

Peter is away for this weekend and I thought I could have played a little bit on the organ. But it's not in good enough condition. Temperature and moisture ... well, I say, neglect has made it what it is, so I'll play a little piano ...

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